



NUTRITIONAL FACTS

FRESH/COOKED SEAFOOD INCLUDES BOIL (DOES NOT INCLUDE SEASONING)	SERVING SIZE	CALS (KCAL)	CALS FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Crawfish	1 lb raw	350	45	5	0.5	0	545	1510	3	0	2	69
Crawfish	2 lb raw	700	90	10	1.5	0	1095	3020	5	0	4	139
Shrimp	1 lb raw	410	50	6	0.5	0	725	3650	6	0	1	79
Shrimp	2 lb raw	830	110	12	1.5	0	1455	7290	12	0	1	157
Clams	1 lb raw	390	40	4.5	1	0	135	3110	17	0	1	67
Clams	2 lb raw	790	80	9	1.5	0	270	6220	34	0	1	133
Mussels	1 lb raw	390	90	10	2	0	125	1680	18	0	1	54
Mussels	2 lb raw	790	180	20	4	0	255	3360	35	0	1	108

FRESH/COOKED SEAFOOD WITHOUT BOIL (DOES NOT INCLUDE SEASONING)	SERVING SIZE	CALS (KCAL)	CALS FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Oysters	6 each	50	20	2	0.5	0	40	150	3	0	0	5
Oysters	12 each	100	35	4	1	0	80	300	6	0	0	10
Blue Crab	1 lb raw	340	25	3	1	0	400	1620	0	0	0	73
Blue Crab	2 lb raw	680	50	6	1.5	0	795	3250	0	0	0	147
Dungeness Crab	1 lb raw	440	45	5	0.5	0	300	1500	4	0	0	89
Dungeness Crab	2 lb raw	870	90	10	1.5	0	605	3000	8	0	0	177
King Crab Legs	1 lb raw	380	60	6	0.5	0	210	4250	0	0	0	77
King Crab Legs	2 lb raw	770	110	12	1	0	420	8510	0	0	0	154
Snow Crab Legs	1 lb raw	380	40	4.5	0	0	210	4250	0	0	0	75
Snow Crab Legs	2 lb raw	770	80	9	0	0	420	8500	0	0	0	149
Lobster	1 lb raw	390	20	2.5	0	0	290	1550	5	0	0	83
Lobster	2 lb raw	780	45	5	0	0	585	3110	10	0	0	165

2 LBS CRAWFISH OR SHRIMP SIDE INCLUDES BOIL	SERVING SIZE	CALS (KCAL)	CALS FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Corn	1 side	90	5	0.5	0	0	0	80	19	2	3	2
Potato	1 side / 3 each	220	0	0	0	0	0	220	21	4	3	4

SEASONING FOR FIRST POUND (DOES NOT INDLUDE SEAFOOD)	SERVING SIZE	CALS (KCAL)	CALS FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Rajun Cajun	Non-Spicy	470	410	45	8	0	0	460	15	4	3	3
Rajun Cajun	Mild	470	410	45	8	0	0	460	15	4	3	3
Rajun Cajun	Regular	470	410	46	8	0	0	460	14	4	3	3
Rajun Cajun	XXX	520	440	48	9	0	0	460	23	9	5	5
Lemon Pepper	No Cajun	410	400	44	8	0	0	2740	2	0	1	0
Lemon Pepper	Non-Spicy	470	410	45	8	0	0	2760	17	4	4	3
Lemon Pepper	Mild	470	410	46	8	0	0	2750	16	5	4	3
Lemon Pepper	Regular	470	410	46	8	0	0	2760	16	5	4	3
Lemon Pepper	XXX	520	440	48	9	0	0	460	23	9	5	5
Garlic Butter	No Cajun	530	470	53	10	0	0	530	12	1	0	2
Garlic Butter	Non-Spicy	600	480	54	10	0	0	550	27	5	4	5
Garlic Butter	Mild	600	490	54	10	0	0	550	27	5	4	5
Garlic Butter	Regular	600	490	54	10	0	0	550	26	5	3	5
Garlic Butter	XXX	650	510	57	10	0	0	560	35	10	5	7
The Whole Sha-Bang!	Non-Spicy	600	480	53	10	0	0	2840	28	5	4	5
The Whole Sha-Bang!	Mild	600	480	54	10	0	0	2840	28	6	4	5
The Whole Sha-Bang!	Regular	600	480	54	10	0	0	2840	27	5	4	5
The Whole Sha-Bang!	XXX	650	510	57	10	0	0	2850	37	10	6	7

SEASONING FOR EVERY POUND AFTER THE FIRST (DOES NOT INDLUDE SEAFOOD)	SERVING SIZE	CALS (KCAL)	CALS FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Rajun Cajun	Non-Spicy	230	200	23	4	0	0	230	7	2	2	1
Rajun Cajun	Mild	230	200	23	4	0	0	230	7	2	2	1
Rajun Cajun	Regular	230	210	23	4	0	0	230	7	2	1	1
Rajun Cajun	XXX	260	220	24	4.5	0	0	230	12	4	2	2
Lemon Pepper	No Cajun	220	200	22	4	0	0	1370	1	0	0	0
Lemon Pepper	Non-Spicy	240	200	23	4	0	0	1380	8	2	2	1
Lemon Pepper	Mild	240	210	23	4	0	0	1380	8	2	2	1
Lemon Pepper	Regular	240	210	23	4	0	0	1380	8	2	2	1
Lemon Pepper	XXX	260	220	24	4.5	0	0	230	12	4	2	2
Garlic Butter	No Cajun	270	240	26	5	0	0	270	6	0	0	1
Garlic Butter	Non-Spicy	300	240	27	5	0	0	280	14	2	2	3
Garlic Butter	Mild	300	240	27	5	0	0	270	13	2	2	3
Garlic Butter	Regular	300	240	27	5	0	0	280	13	3	2	3
Garlic Butter	XXX	320	260	29	5	0	0	280	18	5	3	3
The Whole Sha-Bang!	Non-Spicy	300	240	27	5	0	0	1420	14	3	2	3
The Whole Sha-Bang!	Mild	300	240	27	5	0	0	1420	14	3	2	3
The Whole Sha-Bang!	Regular	300	240	27	5	0	0	1420	14	3	2	3
The Whole Sha-Bang!	XXX	320	250	28	5	0	0	1420	18	5	3	3

FRIED PROTEINS (CAJUN FRIES NOT INCLUDED)	SERVING SIZE	CALS (KCAL)	CALS FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Fried Catfish Basket	Basket	1100	650	73	9	0	245	1430	38	3	0	71
Fried Shrimp Basket	Basket	400	200	22	1.5	0	235	1460	20	1	0	28
Fried Oysters	Serving	410	220	25	2.5	0	95	580	27	1	0	20
Fried Calamari	Serving	490	230	26	2.5	0	500	490	25	1	0	36
Chicken Tenders	Serving	600	320	36	4.5	0	70	900	34	6	6	34

HOT WINGS (CAJUN SPICE NOT INCLUDED)	SERVING SIZE	CALS (KCAL)	CALS FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Hot Wings	6 each	1000	670	75	15	0.5	225	2000	18	1	5	63
Hot Wings	10 each	1670	1110	125	25	1	375	3340	30	2	8	105

HOT WING SPICE	SERVING SIZE	CALS (KCAL)	CALS FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Non-Spicy	2 Tbsp	45	5	0.5	0	0	0	10	10	3	2	2
Mild	2 Tbsp	45	10	1	0	0	0	10	10	3	2	2
Regular	2 Tbsp	45	10	1	0	0	0	10	10	3	2	2
Lemon Pepper Seasoning	2 Tbsp	15	0	0	0	0	0	2187	4	1	1	0

FRIES	SERVING SIZE	CALS (KCAL)	CALS FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Cajun Fries (with regular seasoning)	with meal (12oz)	840	500	56	10	0.5	0	1120	70	9	2	8
Cajun Fries (with regular seasoning)	as a side (16oz)	1110	670	75	13	1	0	1490	93	12	2	11
Sweet Potato Fries	as a side	1320	760	85	6	0	0	620	129	15	36	10

EXTRAS	SERVING SIZE	CALS (KCAL)	CALS FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Gumbo without Rice	1 entrée	230	60	7	2	0	125	1200	18	3	3	23
Gumbo with Rice	1 entrée	300	60	7	2	0	125	1200	33	3	3	24
Corn on the Cob (no boil)	1 piece	90	5	0.5	0	0	0	0	19	2	3	2
Potatoes (no boil)	1 side / 3 each	220	0	0	0	0	0	15	51	4	2	4
Sausages	1/2 lb serving	520	320	36	13	0	145	1650	0	0	0	42
Cajun Fries	as a side (16oz)	1110	670	75	13	1	0	1490	93	12	2	11
Sweet Potato Fries	side (15.5oz)	1200	690	78	5	0	0	560	117	14	33	9
Steamed Rice	side (about 10oz)	440	5	1	0	0	0	15	98	3	3	9

CONDIMENTS	SERVING SIZE	CALS (KCAL)	CALS FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Garlic / Butter	2 fl oz	130	80	9	1.5	0	0	9	12	1	0	2
Ketchup Mayo	2 fl oz	240	200	22	4	0	10	0530	10	0	8	0
Mayo	2 fl oz	400	400	44	8	0	20	300	0	0	0	0
G's Sea Sauce	2 fl oz	60	0	0	0	0	0	460	15	0	13	0
Ranch	2 fl oz	160	130	14	2	0	0	520	4	0	2	0
Tartar	2 fl oz	350	330	37	7	0	15	310	3	1	1	0
Cocktail	2 fl oz	70	5	0	0	0	0	620	16	1	11	0

The nutritional analysis is comprised of nutrient database analysis of The Boiling Crab recipes from an independent consulting firm commissioned by The Boiling Crab, combined with nutrient data from The Boiling Crab suppliers and the United States Department of Agriculture. The Boiling Crab attempts to provide nutritional information of its products that is as complete as possible. Some menu items may not be at all restaurants. While menu item ingredients information is based on standard recipes, variations may occur due to differences in preparation by each The Boiling Crab location, local suppliers and season of the year.

